

# My Daily Food Plan

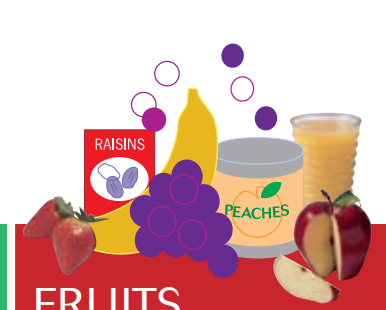
Based on the information you provided, this is your daily recommended amount for each food group.



**GRAINS**  
6 ounces



**VEGETABLES**  
2 1/2 cups



**FRUITS**  
1 1/2 cups



**DAIRY**  
3 cups



**PROTEIN FOODS**  
5 ounces

## Make half your grains whole

Aim for at least **3 ounces** of whole grains a day

## Vary your veggies

Aim for these amounts **each week:**

**Dark green veggies**  
= 1 1/2 cups

**Red & orange veggies**  
= 5 1/2 cups

**Beans & peas**  
= 1 1/2 cups

**Starchy veggies**  
= 5 cups

**Other veggies**  
= 4 cups

## Focus on fruits

Eat a variety of fruit

Choose whole or cut-up fruits more often than fruit juice

## Get your calcium-rich foods

Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories

Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products

## Go lean with protein

Twice a week, make seafood the protein on your plate

Vary your protein routine—choose beans, peas, nuts, and seeds more often

Keep meat and poultry portions small and lean

## Find your balance between food and physical activity

Be physically active for at least **150 minutes** each week.

## Know your limits on fats, sugars, and sodium

Your allowance for oils is **5 teaspoons** a day.

Limit Calories from solid fats and added sugars to **160 Calories** a day.

Reduce sodium intake to less than **2300 mg** a day.







**Your results are based on a 1800 Calorie pattern.**

**Name:** \_\_\_\_\_

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.

# My Daily Food Plan Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Food Choices for Today	Food Group	Tip	Based on a 1800 Calorie pattern. Your Goals Are:	Match Your Food Choices with Each Food Group	Estimate Your Total
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<b>GRAINS</b> 	Make at least half your grains whole grains	<b>6 ounce equivalents</b> (1 ounce equivalent is about 1 slice bread; 1 ounce ready-to-eat cereal; or ½ cup cooked rice, pasta, or cereal)	<div></div> <div></div> <div></div>	<div></div> <b>ounce equivalents</b>
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<b>VEGETABLES</b> 	Aim for variety every day; pick vegetables from several subgroups: Dark green, red & orange, beans & peas, starchy, and other veggies	<b>2½ cups</b> (1 cup is 1 cup raw or cooked vegetables, 2 cups leafy salad greens, or 1 cup 100% vegetable juice)	<div></div> <div></div> <div></div>	<div></div> <b>cups</b>
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<b>FRUITS</b> 	Select fresh, frozen, canned, and dried fruit more often than juice	<b>1½ cups</b> (1 cup is 1 cup raw or cooked fruit, ½ cup dried fruit, or 1 cup 100% fruit juice)	<div></div> <div></div> <div></div>	<div></div> <b>cups</b>
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<b>DAIRY</b> 	Include fat-free and low-fat dairy foods every day	<b>3 cups</b> (1 cup is 1 cup milk, yogurt, or fortified soy beverage; 1½ ounces natural cheese; or 2 ounces processed cheese)	<div></div> <div></div> <div></div>	<div></div> <b>cups</b>
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<b>PROTEIN FOODS</b> 	Aim for variety—choose seafood, lean meat & poultry, beans, peas, nuts, and seeds each week	<b>5 ounce equivalents</b> (1 ounce equivalent is 1 ounce lean meat, poultry, or seafood; 1 egg; 1 Tbsp peanut butter; ¼ cup cooked beans or peas; or ½ ounce nuts or seeds)	<div></div> <div></div> <div></div>	<div></div> <b>ounce equivalents</b>
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<b>PHYSICAL ACTIVITY</b> 	Be active every day. Choose activities that you like and fit into your life.	Be physically active for at least <b>150 minutes</b> each week.	Some foods and drinks, such as sodas, cakes, cookies, donuts, ice cream, and candy, are high in fats and sugars. Limit your intake of these.	<div></div> <b>minutes</b>

How did you do today? ☐ Great ☐ So-So ☐ Not so Great

My food goal for tomorrow is: \_\_\_\_\_

My activity goal for tomorrow is: \_\_\_\_\_